## **CLAIMS**

## What is claimed is:

1	1.	A magnetic head having a pinned area, a free area, and a nanoconstricted area
2		encompassing portions of the pinned and free areas, the head comprising:
3		a first layer of magnetic material extending along the pinned and free areas;
4		an AP coupling layer extending along the pinned area; and
5		a third layer of magnetic material, an active portion of the third layer extending
5		along the pinned area but not along the free area;
7		wherein the first and third layers have magnetic moments that are self-pinned
8		antiparallel to each other in the pinned area and a portion of the
9		nanoconstricted area encompassing the pinned area.
1	2.	A head as recited in claim 1, wherein a height of the nanoconstricted area is less
2		than about 100 nanometers.
l	3.	A head as recited in claim 1, wherein a height of the nanoconstricted area is less
2		than about 50 nanometers.
l	4.	A head as recited in claim 1, wherein a height of the nanoconstricted area is about
2		10 to 30 nanometers.

- 1 5. A head as recited in claim 1, wherein the third layer has been removed from the 2 free area by at least one of etching and milling.
- 1 6. A head as recited in claim 1, wherein a portion of the third layer in the free area
  2 has been rendered nonmagnetic.
- 1 7. A head as recited in claim 6, wherein the portion of the third layer in the free area
  2 has been rendered nonmagnetic by oxidation.
- 1 8. A head as recited in claim 1, further comprising a hard bias layer positioned
  2 outside the free area for stabilizing the first layer in the free area.
- 1 9. A head as recited in claim 1, wherein the first layer includes NiFe.
- 1 10. A head as recited in claim 1, wherein the third layer includes CoFe.
- 1 11. A head as recited in claim 1, wherein the AP coupling layer includes Ru.
- 1 12. A magnetic head having a pinned area, a free area, and a nanoconstricted area
- 2 encompassing a portion of the free area and a greater portion of the pinned area,
- 3 the head comprising:
- 4 a first layer of magnetic material extending along the pinned and free areas;
- 5 an AP coupling layer extending along the pinned area; and

6 a third layer of magnetic material extending along the pinned area but not into the 7 free area; 8 wherein the first and third layers have magnetic moments that are self-pinned 9 antiparallel to each other in the pinned area and the nanoconstricted area. 13. A head as recited in claim 12, wherein a height of the nanoconstricted area is less 2 than about 100 nanometers. 1 A head as recited in claim 12, wherein a height of the nanoconstricted area is less 14. 2 than about 50 nanometers. 1 15. A head as recited in claim 12, wherein a height of the nanoconstricted area is 2 about 10 to 30 nanometers. A head as recited in claim 12, wherein the third layer has been removed from the 1 16. 2 free area by at least one of etching and milling. A head as recited in claim 12, wherein a portion of the third layer in the free area 1 17. 2 has been rendered nonmagnetic. 1 18. A head as recited in claim 17, wherein the portion of the third layer in the free 2 area has been rendered nonmagnetic by oxidation.

1 19. A head as recited in claim 12, wherein the first layer includes NiFe. 1 20. A head as recited in claim 12, wherein the third layer includes CoFe. 1 21. A head as recited in claim 12, wherein the AP coupling layer includes Ru. 1 22. A magnetic head having a pinned area, a free area, and a nanoconstricted area 2 encompassing a portion of the pinned area and a greater portion of the free area, 3 the head comprising: a first layer of magnetic material extending along the pinned and free areas; 4 5 an AP coupling layer extending along the pinned area; and 6 a third layer of magnetic material extending along the pinned area but not into the 7 free area; 8 wherein the first and third layers have magnetic moments that are self-pinned 9 antiparallel to each other in the pinned area. 1 23. A head as recited in claim 22, wherein a height of the nanoconstricted area is less 2 than about 100 nanometers. 1 24. A head as recited in claim 22, wherein a height of the nanoconstricted area is less 2 than about 50 nanometers.

1	25.	A head as recited in claim 22, wherein a height of the nanoconstricted area is
2		about 10 to 30 nanometers.
1	26.	A head as recited in claim 22, wherein the third layer has been removed from the
2		free area by at least one of etching and milling.
1	27.	A head as recited in claim 22, wherein a portion of the third layer in the free area
2		has been rendered nonmagnetic.
1	28.	A head as recited in claim 27, wherein the portion of the third layer in the free
2		area has been rendered nonmagnetic by oxidation.
1	29.	A head as recited in claim 22, wherein the first layer includes NiFe.
1	30.	A head as recited in claim 22, wherein the third layer includes CoFe.
1	31.	A head as recited in claim 22, wherein the AP coupling layer includes Ru.
1	32.	A magnetic storage system, comprising:
2		magnetic media;
3		at least one head for reading from and writing to the magnetic media, each head
4		having:
5	•	a sensing element having the structure recited in claim 1;

6	a write element coupled to the sensor;
7	a slider for supporting the head; and
8	a control unit coupled to the head for controlling operation of the head.